

RMSF – Rocky Mountain Spotted Fever

RMSF-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of Rocky Mountain Spotted Fever (RMSF).

STANDARDS:

1. Discuss common complications. RMSF commonly requires hospitalization. Untreated infection usually leads to death.
2. Explain that prompt treatment of any flu-like symptoms within days of a tick bite is essential in preventing life threatening infections.

RMSF-DP DISEASE PROCESS

OUTCOME: The patient/family will have a basic understanding of RMSF.

STANDARDS:

1. Explain that RMSF is a bacterial (rickettsial) infection transmitted through ticks infected with RMSF.
2. Explain that the incubation period for RMSF is approximately 5-10 days. Prompt treatment of any flu-like symptoms within days of a tick bite is essential in life-saving diagnosis and treatment.
3. Discuss the early and late symptoms of RMSF.
 - a. Early symptoms include fever, nausea, vomiting, severe headache, muscle pain, lack of appetite.
 - b. Late symptoms include abdominal pain, joint pain, diarrhea.
 - c. RMSF rash may erupt on the palms, soles, forearms, and ankles shortly after fever onset. In many cases, the classic RMSF rash is not present, making diagnosis difficult and delaying treatment.

RMSF-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of RMSF.

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.

3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

RMSF-HPDP HEALTH PROMOTION, DISEASE PREVENTION

Refer to RMSF-P.

RMSF-L LITERATURE

OUTCOME: The patient/family will receive literature about Rocky Mountain Spotted Fever (RMSF).

STANDARDS:

1. Provide patient/family with literature on RMSF.
2. Discuss the content of the literature.

RMSF-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

RMSF-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for RMSF.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

RMSF-P PREVENTION

OUTCOME: The patient/family will understand ways to reduce risk of becoming infected with RMSF.

STANDARDS:

1. Discuss ways of avoiding tick bites using personal protection:
 - a. Wear light-colored clothing
 - b. Tuck pants legs into socks
 - c. Apply tick repellents (permethrin or DEET)
2. Discuss the importance of prompt, careful inspection, and removal of ticks. The use of mirrors may help with self inspection.
3. Explain the importance of lawn maintenance to eliminate unused furniture/mattresses, overgrown weeds, and other breeding areas.
4. Discuss the use pet flea/tick collars and medicines to prevent the spread of ticks inside the home.

RMSF-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing

- b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
- a. meaning of the test results
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results

RMSF-TX TREATMENT

OUTCOME: The patient/family will understand the treatment plan.

STANDARDS:

1. Discuss that prompt tick removal should be done to minimize exposure. Ticks should be removed with tweezers close to the skin. Save the tick in the event that illness occurs.
2. Discuss the types of treatment used for RMSF. Antibiotic therapy can be a life saving treatment. Emphasize the importance of active participation by the patient/family in the treatment plan.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.